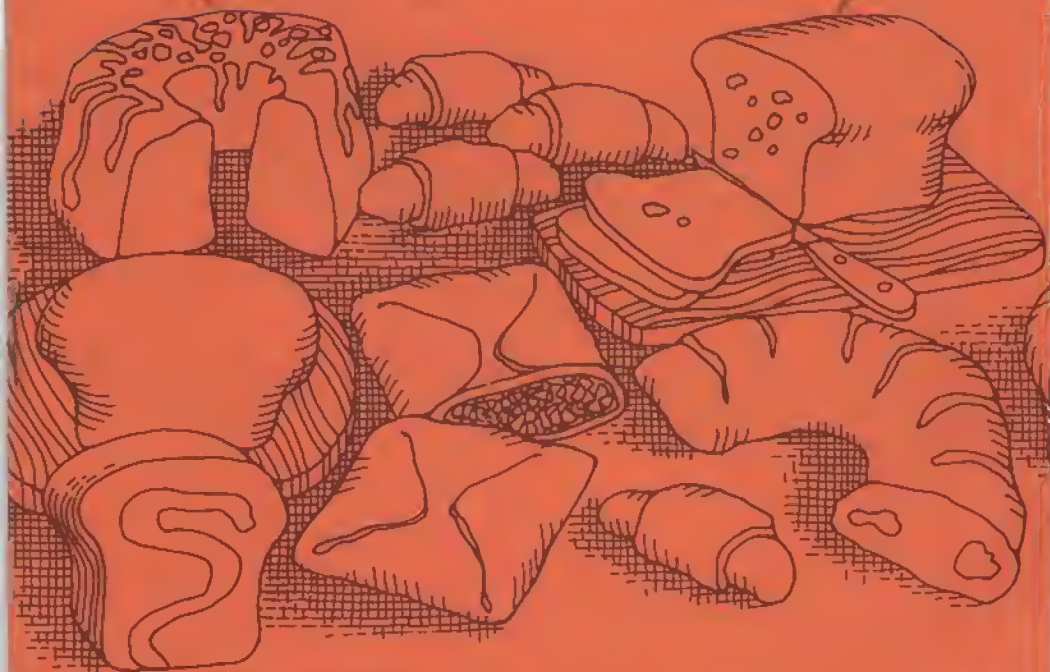


MAKE YOUR OWN
**FREEZER
YEAST
DOUGHS**

with Robin Hood All Purpose Flour



Robin Hood FREEZER DOUGH

Now you can make your own freezer yeast doughs at home! The dough is ready for you to thaw, shape and bake when you're in the mood for home baked bread. Mix and knead the dough, then freeze the compact packages up to 4 weeks. Follow the recipes carefully for best results, since the ingredients and method differ from yeast doughs that are not to be frozen. We think you'll enjoy trying a variety of doughs in a variety of ways—from breads and rolls to coffee cakes and main dishes.

MIXING

When mixing the dough, you may want to use a bowl larger than the large mixer bowl. Either detach the mixer head or use a hand electric mixer in a large bowl, or transfer the batter to a larger bowl for stirring in the flour with a wooden spoon.

FREEZING

Freezer dough is best if baked within 4 weeks of freezing. If kept longer, poorer volume and quality result.

Loaves:

If you plan to bake a basic loaf, shape the dough into a loaf **before** freezing using the Robin Hood "Rolled Dough" Method. Wrap the shaped dough in plastic wrap, then place in ungreased 8½ x 4½ x 2½-inch loaf pan. Freeze until firm in the pan. Remove from the pan and wrap in aluminum foil.

"Rolled Dough" Method

Roll dough into a 12 x 8-inch rectangle on lightly floured board. Roll up tightly beginning with 8-inch side. Seal dough with thumbs after each complete turn. Seal lengthwise edge and ends well.

Pan Size

It is important for best volume, shape and browning to use the pan size specified in each recipe.

Patties:

For making the many variations in this booklet, it is best to shape the dough into 7-inch circles before freezing. This shape thaws more quickly than a loaf and is easier to roll out. If your freezer has shelves, it is not necessary to freeze on baking sheets.

THAWING

Do not thaw frozen dough in the refrigerator longer than overnight. If kept longer, it develops a strong aroma and "off" taste.

Loaves:

To thaw frozen dough shaped in a loaf, unwrap the dough and place in greased **8½ x 4½ x 2½-inch** loaf pan. Cover the pan with plastic wrap. Thaw at room temperature about 2 hours or overnight in the refrigerator. Brush the dough lightly with oil, cover and let rise until the corners of the pan are filled and the dough is about 1 inch above the pan in the center.

Patties:

Place wrapped frozen dough in the refrigerator to thaw 8 hours or overnight. Let the dough stand at room temperature about 15 minutes to warm slightly before shaping.

Room Temperature Thawing

To hasten thawing, place the unwrapped dough on lightly greased baking sheet over a bowl of hot tap water. Cover the dough with plastic wrap to prevent drying out. After 1 hour, turn the dough and let thaw an additional 30 minutes to 1 hour before shaping. Change the water in the bowl occasionally to keep hot.

BAKING

Use a lower oven rack for best results when baking bread. If the bread seems to be browning too quickly, cover loosely with foil last 5-10 minutes of baking. The bread is done if it sounds hollow when tapped with the finger. For a softer crust, brush with butter or margarine just after baking.

FREEZER WHITE BREAD

FREEZER WHITE BREAD

(The easy 'no-sift' way)

- | | | |
|----|--|---|
| 11 | 12 cups ROBIN HOOD All Purpose Flour | $\frac{1}{2}$ cup sugar |
| | 4 pkgs. active dry yeast | 2 tbsp. salt |
| | $\frac{3}{4}$ cup instant nonfat dry milk | $\frac{1}{4}$ cup softened butter or margarine |
| | | 4 cups <u>hot tap water</u> |

SPOON flour into measuring cup and level off. Pour onto wax paper. COMBINE 4 cups flour, undissolved yeast, dry milk, sugar and salt in large bowl. Stir well to blend. Add butter.

ADD hot tap water. BEAT with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally. ADD 2 cups more flour. Beat at high speed for 2 minutes or until thick and elastic.

GRADUALLY stir in just enough of remaining flour with wooden spoon to make a soft dough which leaves sides of bowl. Turn out onto floured board.

KNEAD 10 minutes or until dough is smooth and elastic. COVER with plastic wrap then a towel. LET REST 15 minutes on board. Punch down. Divide dough into 4 equal pieces.

SHAPE each piece into a ball and flatten into 7-inch circles or shape into loaves using the Robin Hood "Rolled Dough" Method. WRAP tightly in plastic wrap. Place circles on baking sheets and loaves in $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ -inch loaf pans. Freeze until firm. WRAP plastic wrapped frozen dough in aluminum foil. Freeze up to 4 weeks.

FOLLOW shaping and baking directions for each recipe.

BASIC WHITE BREAD

1 piece Freezer White Bread

THAW and let rise in pan as directed on page 3. BAKE at 375° for 35-40 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

BUTTERSCOTCH BUNDT BREAD

2 pieces Freezer White Bread
.....
½ cup butter or margarine,
melted

1 pkg. (3¾ oz.) butterscotch
pudding and pie filling
1½ tsp. cinnamon
½ cup coarsely chopped pecans

THAW frozen dough as directed on page 3.

MELT butter in small saucepan. Remove from heat. ADD pudding mix and cinnamon to butter. Stir well to blend. Stir in pecans.

SNIP each piece of dough into 16 pieces. POUR half of pudding mixture (½ cup) evenly in bottom of greased 10-inch Bundt pan. PLACE 16 pieces of dough in single layer on top of pudding. POUR on remaining pudding mixture. Top with remaining dough pieces.

BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BAKE at 350° for 45-50 minutes until done. INVERT onto serving plate. Let stand 5 minutes before removing pan. CUT into slices and serve slightly warm with butter.

YIELD: 16 servings.

HIDDEN FRUIT BRAID

1 piece Freezer White Bread
.....
1 can (12 oz.) apricot or peach
cake and pastry filling

½ cup flaked coconut
1 egg yolk, slightly beaten
1 tbsp. water
2 tbsp. sliced almonds

THAW frozen dough as directed on page 3.

ROLL dough into a 14 x 9-inch rectangle on lightly floured board. Cut into three 3 inch wide strips. COMBINE filling and coconut. Spread evenly down center of each strip (about ⅓ cup on each). Pinch lengthwise edges of each strip together to make a rope. BRAID 3 ropes together on greased baking sheet. Seal ends and tuck under.

BRUSH dough lightly with oil. Cover baking sheet loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BRUSH braid lightly with mixture of egg yolk and water. Sprinkle with almonds.

BAKE at 350° for 30-35 minutes until done. REMOVE from baking sheet immediately. Cool on rack.

YIELD: 1 braid.

CRANBERRY CRESCENT

1 piece Freezer White Bread
.....
½ cup sugar
1 tbsp. cornstarch
⅛ tsp. salt

⅓ cup water
1 tbsp. orange juice
1 cup cranberries, chopped
½ cup finely chopped walnuts
1 tbsp. grated orange rind

THAW frozen dough as directed on page 3.

COMBINE sugar, cornstarch and salt in saucepan. Stir well to blend. Add water and juice. COOK over medium heat, stirring occasionally until mixture comes to a boil. ADD cranberries and cook 2 minutes. Remove from heat. Cool. STIR IN nuts and rind.

ROLL dough into a 14 x 8 inch rectangle on lightly floured board.

SPREAD evenly with cranberry filling. Roll up beginning with long side. Seal lengthwise edge and ends well. SNIP dough at 1 inch intervals about 1 inch deep. PLACE on greased baking sheet. Curve to form crescent.

BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place 30-40 minutes until doubled.

BAKE at 350° for 25-30 minutes until done. REMOVE from baking sheet immediately. Cool on rack.

YIELD: 1 coffee cake.

CHEESE PINWHEEL BREAD

1 piece Freezer White Bread

1 egg white, slightly beaten
½ cup grated Cheddar cheese

THAW frozen dough as directed on page 3.

ROLL dough into a 12 x 8-inch rectangle on lightly floured board.

BRUSH dough lightly with egg white. Sprinkle evenly with cheese. Press in lightly. SHAPE into a loaf using the Robin Hood "Rolled Dough" Method.

PLACE in greased 8½ x 4½ x 2½-inch loaf pan. BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BAKE at 375° for 35-40 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

NUT BREAD

1 piece Freezer White Bread

½ cup finely chopped walnuts

THAW frozen dough as directed on page 3.

KNEAD nuts into dough until evenly distributed. SHAPE into a ball and place in greased 1½-quart casserole or divide dough in half and shape into 2 balls. Place in greased 29 ounce fruit cans. BRUSH dough lightly with oil. Cover loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BAKE at 375° for 35-40 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 large or 2 small loaves.

PEPPERONI PIZZA

1 piece Freezer White Bread

2 oz. (½ of 4 oz. pkg.)

.....

sliced pepperoni

1 can (10½ oz.) pizza sauce
with cheese

4 oz. (1 cup) shredded
Mozzarella cheese

1 can (3 oz.) chopped
mushrooms, drained

THAW frozen dough as directed on page 3

ROLL into a 14-inch circle on lightly floured board. PLACE in greased 14-inch pizza pan, pressing to fit pan

BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 30 minutes.

SPREAD sauce on dough. Top with mushrooms, pepperoni and cheese. BAKE at 400° for 15-20 minutes until done. Cut into wedges.

YIELD: 8 servings.

SNIPPED CLOVERLEAF ROLLS

1 piece Freezer White Bread

THAW frozen dough as directed on page 3.

DIVIDE dough into 16 equal pieces. Shape into smooth balls. Place in greased muffin pan cups. SNIP dough in half with scissors, then in quarters, cutting almost to bottom.

BRUSH dough lightly with oil. Cover pans loosely with plastic wrap. LET RISE in warm, draft-free place for 30-40 minutes until doubled.

BAKE at 375° for 15-20 minutes until done. REMOVE from pan immediately. Serve warm with butter.

YIELD: 16 cloverleaf rolls.

RAISIN CINNAMON ROLLS

| | |
|---|---------------------------------------|
| 1 piece Freezer White Bread | 1 tsp. cinnamon |
| 2 tbsp. softened butter or margarine | ¼ cup unsifted confectioners sugar |
| ½ cup raisins | 2 tsp. milk |
| ¼ cup firmly packed brown sugar | ⅛ tsp. almond extract |

THAW frozen dough as directed on page 3.

ROLL dough into a 12 x 10-inch rectangle on lightly floured board. Spread with butter. COMBINE raisins, brown sugar and cinnamon. Mix well. Sprinkle evenly on dough. ROLL up tightly beginning with 12-inch side. CUT into twelve 1-inch pieces.

PLACE cut-side down in greased 9-inch layer pan. BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 30-40 minutes until doubled.

BAKE at 375° for 20-25 minutes until done. REMOVE from pan immediately. COMBINE confectioners sugar, milk and extract. Beat well. Drizzle on warm rolls.

YIELD: 1 dozen rolls.

APPLE KUCHEN

| | |
|---|--|
| 1 piece Freezer White Bread | 3 cups pared, thinly sliced apples |
| ⅓ cup sugar | ½ cup dairy sour cream |
| 1 tbsp. ROBIN HOOD All Purpose Flour | ⅓ cup sugar |
| ¼ tsp. cinnamon | 1 egg |
| ⅛ tsp. nutmeg | ¼ tsp. cinnamon |

THAW frozen dough as directed on page 3.

ROLL dough into a 13 x 9-inch rectangle on lightly floured board. PLACE dough in greased 13 x 9 x 2-inch pan. Press to form rim about ½ inch high around edges of pan. LET RISE in warm, draft-free place for 30 minutes.

COMBINE ⅓ cup sugar, flour, ¼ teaspoon cinnamon and nutmeg. Sprinkle small amount of sugar mixture evenly on dough. Top with apples and sprinkle with remaining sugar mixture. COMBINE sour cream, ⅓ cup sugar, egg and ¼ teaspoon cinnamon. Blend until smooth. Pour over apples

BAKE at 375° for 30-35 minutes until apples are tender. SERVE warm.

YIELD: 12-16 servings

FREEZER WHOLE WHEAT BREAD

FREEZER WHOLE WHEAT BREAD

(The easy 'no-sift' way)

- | | |
|--|---------------------------------------|
| 6 - 6½ cups ROBIN HOOD All Purpose Flour | ½ cup sugar |
| 6 cups ROBIN HOOD Stone Ground Whole Wheat or Graham Flour | 2 tbsp. salt |
| 4 pkgs. active dry yeast | ¼ cup softened butter or margarine |
| ⅔ cup instant nonfat dry milk | 4 cups <u>hot tap water</u> |

SPOON all purpose flour into measuring cup and level off. Pour onto wax paper. MEASURE whole wheat flour as directed above. COMBINE 4 cups all purpose flour, undissolved yeast, dry milk, sugar and salt in large bowl. Stir well to blend. Add butter.

ADD hot tap water. BEAT with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally. ADD 1½ cups more all purpose flour. Beat at high speed for 2 minutes or until thick and elastic.

STIR IN whole wheat flour with wooden spoon. Then gradually stir in just enough of remaining all purpose flour to make a soft dough which leaves sides of bowl. Turn out onto floured board.

KNEAD 10 minutes or until dough is smooth and elastic. LET REST 15 minutes on board. Punch down. Divide dough into 4 equal pieces.

SHAPE each piece into a ball and flatten into 7-inch circles or shape into loaves using the Robin Hood "Rolled Dough" Method. WRAP dough tightly in plastic wrap. Place circles on baking sheets and loaves in 8½ x 4½ x 2½-inch loaf pans. Freeze until firm. WRAP plastic wrapped frozen dough in aluminum foil. Freeze up to 4 weeks.

FOLLOW shaping and baking directions for each recipe.

BASIC WHOLE WHEAT BREAD

1 piece Freezer Whole Wheat Bread

THAW and let rise in pan as directed on page 3. BAKE at 375° for 35-40 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

PARSLEY CRESCENT ROLLS

- | | |
|-----------------------------------|----------------|
| 1 piece Freezer Whole Wheat Bread | Parsley flakes |
| | 1 egg |
| Softened butter or margarine | 1 tbsp. water |

THAW frozen dough as directed on page 3.

ROLL dough into a 12-inch circle on lightly floured board. BRUSH with softened butter. Sprinkle lightly with parsley flakes.

CUT into 12 pie-shaped pieces. Roll up tightly beginning with wide end.

PLACE point-side down on greased baking sheet. Curve to form crescents.

BRUSH dough lightly with oil. Cover pan loosely with plastic wrap.

LET RISE in warm, draft-free place for 30 minutes or until doubled. BRUSH rolls lightly with mixture of egg and water.

BAKE at 375° for 15-20 minutes until done. REMOVE from baking sheet immediately. Serve warm.

YIELD: 1 dozen rolls.

WHOLE WHEAT PAN ROLLS

- 1 piece Freezer Whole Wheat Bread

THAW frozen dough as directed on page 3.

DIVIDE dough into 12 equal pieces. Shape each piece into a smooth ball. PLACE in greased 9-inch layer pan.

BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 30 minutes or until doubled.

BAKE at 375° for 25-30 minutes until done. REMOVE from pan immediately. Brush with butter. Serve warm.

YIELD: 12 rolls.

WHOLE WHEAT SWIRL BREAD

- | | |
|-----------------------------------|-----------------------------|
| 1 piece Freezer Whole Wheat Bread | 1 piece Freezer White Bread |
|-----------------------------------|-----------------------------|

THAW frozen dough as directed on page 3

DIVIDE each piece in half. Roll each into a 12 x 8-inch rectangle on lightly floured board. PLACE a white rectangle on top of a whole wheat rectangle for each loaf. Press together lightly. SHAPE into loaves using the Robin Hood "Rolled Dough" Method. PLACE in greased $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ -inch loaf pans.

BRUSH dough lightly with oil. Cover pans loosely with plastic wrap. LET RISE in warm, draft free place for 1 hour or until doubled.

BAKE at 375° for 35-40 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD 2 loaves

FREEZER RYE BREAD

FREEZER RYE BREAD

(The easy 'no-sift' way)

- | | |
|---|---|
| 8 - 9 cups ROBIN HOOD All Purpose Flour | 2 tbsp. salt |
| 4 cups ROBIN HOOD Medium Rye or Pumpernickel Rye Graham Flour | $\frac{2}{3}$ cup dark molasses |
| 4 pkgs. active dry yeast | $\frac{1}{2}$ cup softened butter or margarine |
| | 4 cups <u>hot tap water</u> |

SPOON all purpose flour into measuring cup and level off. Pour onto wax paper. MEASURE rye flour as directed above. COMBINE 4 cups all purpose flour, undissolved yeast and salt in large bowl. Stir well to blend.

ADD molasses, butter and hot tap water. BEAT with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally. ADD 2 cups more all purpose flour. Beat at high speed for 2 minutes or until thick and elastic.

STIR IN rye flour with wooden spoon. Then gradually stir in just enough of remaining all purpose flour to make a soft dough which leaves sides of bowl. Turn out onto floured board.

KNEAD 10 minutes or until dough is smooth and elastic. DIVIDE dough into 4 equal pieces.

SHAPE each piece into a ball and flatten into 7-inch circles or shape into loaves using the Robin Hood "Rolled Dough" Method. WRAP dough tightly in plastic wrap. Place circles on baking sheets and loaves in $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ -inch loaf pans. Freeze until firm. WRAP plastic wrapped frozen dough in aluminum foil. Freeze up to 4 weeks.

FOLLOW shaping and baking directions for each recipe.

BASIC RYE BREAD

- 1 piece Freezer Rye Bread

THAW and let rise in pan as directed on page 3. BAKE at 350° for 40-45 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

BACON CASSEROLE BREAD

- | | |
|---------------------------|--|
| 1 piece Freezer Rye Bread | 6 slices crisp bacon, finely crumbled |
| | 1 tbsp. chopped chives |

THAW frozen dough as directed on page 3.

KNEAD bacon and chives into dough until evenly distributed. SHAPE into a ball. Place in greased $1\frac{1}{2}$ -quart casserole. BRUSH dough lightly with oil. Cover loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BAKE at 350° for 45-50 minutes until done. REMOVE from casserole immediately. Cool on rack.

YIELD: 1 loaf.

RAISIN RYE BREAD

1 piece Freezer Rye Bread

$\frac{1}{2}$ cup raisins

2 tsp. grated orange rind

THAW frozen dough as directed on page 3.

ROLL dough into a 12 x 8-inch rectangle on lightly floured board.

SPRINKLE evenly with raisins and orange rind. Press in lightly. SHAPE into a loaf using the Robin Hood "Rolled Dough" Method.

PLACE in greased $8\frac{1}{2}$ x $4\frac{1}{2}$ x $2\frac{1}{2}$ -inch loaf pan. BRUSH dough lightly with oil. Cover pan loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BAKE at 350° for 40-45 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

RYE FRENCH BREAD

1 piece Freezer Rye Bread

1 tbsp. water

.....

1 tsp. caraway seed

1 egg white

THAW frozen dough as directed on page 3.

ROLL dough into a 15 x 8-inch rectangle on lightly floured board. Roll up tightly beginning with long side. Seal lengthwise edge and ends well. Tuck ends under. Taper ends by rolling gently between hands.

PLACE seam-side down on greased baking sheet.

BRUSH dough lightly with oil. Cover baking sheet loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour or until doubled.

BRUSH loaf lightly with mixture of egg white and water. SLASH top about $\frac{1}{4}$ inch deep with sharp knife herringbone fashion. SPRINKLE with caraway seed.

BAKE at 350° for 30-40 minutes until done. REMOVE from baking sheet immediately. Cool on rack.

YIELD: 1 loaf.

RYE SANDWICH BUNS

1 piece Freezer Rye Bread

1 tbsp. water

.....

Coarse salt, onion salt

1 egg white

or sesame seed

THAW frozen dough as directed on page 3.

DIVIDE dough into 6 equal pieces. SHAPE each piece into a ball. Place on greased baking sheet. Flatten into 4-inch circles.

BRUSH dough lightly with oil. Cover baking sheet loosely with plastic wrap. LET RISE in warm, draft-free place for 45 minutes or until doubled. BRUSH buns lightly with mixture of egg white and water. Sprinkle with salt or seeds.

BAKE at 350° for 25-30 minutes until done. REMOVE from baking sheet immediately. Cool on rack.

YIELD: 6 sandwich buns.

FREEZER HONEY WHEAT GERM BREAD

FREEZER HONEY WHEAT GERM BREAD

(The easy 'no-sift' way)

9½ - 10½ cups ROBIN HOOD
All Purpose Flour
4 pkgs. active dry yeast
2 tbsp. salt
½ cup honey

¼ cup softened butter or
margarine
2 cups milk
2 cups water
2 cups KRETSCHMER Regular
Wheat Germ

SPOON flour into measuring cup and level off. Pour onto wax paper. COMBINE 4 cups flour, undissolved yeast and salt in large bowl. Stir well to blend. Add honey and butter.

HEAT milk and water together until warm to the touch (not scalding). ADD warm liquid to ingredients in bowl. BEAT with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally. ADD 2 cups more flour. Beat at high speed for 2 minutes or until thick and elastic.

STIR IN wheat germ with wooden spoon. Then gradually stir in just enough of remaining flour to make a soft dough which leaves sides of bowl. Turn out onto floured board.

KNEAD 10 minutes or until dough is smooth and elastic. COVER with plastic wrap then a towel. LET REST 20 minutes on board. Punch down. Divide dough into 4 equal pieces.

SHAPE each piece into a ball and flatten into 7-inch circles or shape into loaves using the Robin Hood "Rolled Dough" Method. WRAP dough tightly in plastic wrap. Place circles on baking sheets and loaves in 8½ x 4½ x 2½-inch loaf pans. Freeze until firm. WRAP plastic wrapped frozen dough in aluminum foil. Freeze up to 4 weeks.

FOLLOW shaping and baking directions for each recipe.

BASIC HONEY WHEAT GERM BREAD

1 piece Freezer Honey Wheat Germ Bread

THAW and let rise in pan as directed on page 3. BAKE at 350° for 40-45 minutes until done. REMOVE from pan immediately. Cool on rack.

YIELD: 1 loaf.

CRUNCHY APRICOT COFFEE CAKE

- | | |
|---|---|
| 1 piece Freezer Honey Wheat Germ Bread | $\frac{1}{3}$ cup sugar |
| | $\frac{1}{3}$ cup finely chopped pecans |
| $\frac{1}{2}$ cup ($\frac{1}{2}$ of 12 oz. can) apricot cake and pastry filling | $\frac{1}{4}$ cup butter or margarine, melted |
| 1 tsp. grated lemon rind | |

THAW frozen dough as directed on page 3.

ROLL dough into a 15 x 9-inch rectangle on lightly floured board. Cut into fifteen 3-inch squares. COMBINE apricot filling and lemon rind. Place about $1\frac{1}{2}$ teaspoons filling in center of each square. Bring corners of dough together to form squares. Seal edges well.

COMBINE sugar and nuts. DIP rolls in butter, then in sugar mixture. Turn to coat evenly. STAND rolls on edge, side by side, in greased 9-inch tube pan. Drizzle with remaining butter and sprinkle with remaining sugar mixture.

COVER pan loosely with plastic wrap. LET RISE in warm, draft-free place for 1 hour 15 minutes or until doubled.

BAKE at 350° for 35-40 minutes until done. LET STAND in pan 10 minutes. Turn out onto serving plate. Serve warm.

YIELD: 1 coffee cake.

HEARTY MEAT WRAP-UPS

- | | |
|--|--|
| 1 piece Freezer Honey Wheat Germ Bread | $\frac{1}{4}$ cup finely chopped onion |
| | 2 tbsp. water |
| 8 oz. lean ground beef | 3 tbsp. catsup |
| $\frac{1}{2}$ cup KRETSCHMER Regular Wheat Germ | $\frac{3}{4}$ tsp. salt |
| 1 cup finely shredded cabbage | |
| $\frac{1}{2}$ cup grated carrot | 1 egg, beaten |

THAW frozen dough as directed on page 3.

PREPARE filling while dough thaws. BROWN beef in large skillet. ADD wheat germ to meat and stir for 1 minute. Remove from heat. COMBINE cabbage, carrot, onion and water in saucepan. Cover and steam over medium heat 5 minutes. ADD cabbage mixture, catsup and salt to meat mixture. Mix well.

DIVIDE dough into 4 equal pieces. Roll each piece into a 6-inch circle on lightly floured board. PLACE about $\frac{1}{2}$ cup filling in center of each circle. Bring edges of dough up over filling. Seal well.

PLACE on greased baking sheet. Brush dough lightly with oil. Cover loosely with plastic wrap. LET RISE in warm, draft-free place for 30-45 minutes until light. Brush with egg.

BAKE at 375° for 20-25 minutes until golden brown.

YIELD: 4 servings.

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